

FITNESS CLASSES – SEPT - OCT 2016

Name _____

Address _____

Town/Zip _____

Phone _____

E-mail _____

Make check or money order payable to:
Enfield Senior Center

Date Paid _____

☐ Cash ☐ Check Check No. _____

For office use only ☐

Class Name	Date	Day	Time	No. of Classes	FEE Resident	FEE Non-Resident
Boxing and More: Exercise with Parkinson's <i>No class Oct 10</i>	Sept 12 – Oct 31	Mon	3:30 pm	7	\$28	\$35
Boxing and More: Exercise with Parkinson's	Sept 7 – Oct 26	Wed	3 pm	8	\$32	\$40
Feldenkrais: Moving from the Ground Up <i>No class Oct 10</i>	Oct 3 – 31	Mon	4:30 pm	4	\$16	\$20
Jan's Exercise Sept	1-day Sept 12 - 30	M W F	9 am	3	\$12	\$16
	2-day Sept 12 - 30	M W F	9 am	6	\$18	\$24
	3-day Sept 12 - 30	M W F	9 am	9	\$24	\$32
Jan's Exercise Oct <i>No class Oct 10</i>	1-day Oct 3 - 31	M W F	9 am	5	\$18	\$24
	2-day Oct 3 - 31	M W F	9 am	9	\$27	\$36
	3-day Oct 3 - 31	M W F	9 am	12	\$33	\$44
Line Dancing <i>No class Oct 10</i>	Sept 12 – Oct 31	Mon	1 pm	7	\$21	\$28
Men's Strength Training	Class Canceled					
Mindful Living: Practices for Health and Well-being	Sept 14 – Oct 5	Wed	9:30 am	4	\$12	\$16
Pilates	Sept 15 – Oct 27	Thurs	4:30 pm	7	\$28	\$35
Monday – Simply Stretch & Strengthen with Shelly <i>No class Oct 10</i>	Sept 12 – Oct 31	Mon	10:30 am	7	\$21	\$28
Tai Chi – Introduction <i>No class Oct 12</i>	Sept 14 – Oct 26	Wed	3:30 pm	6	\$18	\$24

See reverse side for more class offerings.

FITNESS CLASSES, CONTINUED – SEPT - OCT 2016

Class Name	Date	Day	Time	No. of Classes	FEE Resident	FEE Non Resident
Tai Chi – Advanced Beginner	Sept 20 – Oct 25	Tues	8:45 am	6	\$30	\$36
Tai Chi – Intermediate	Sept 22 – Oct 27	Thurs	8:45 am	6	\$30	\$36
Wow! Women on Weights <i>No class Sept 23</i>	Sept 7 – Oct 26	Wed	5 pm	8	\$24	\$32
	Sept 9 – Oct 28	Fri	10:30 am	7	\$21	\$28
Yoga – Chair and Standing	Sept 13 – Oct 25	Tues	11 am	7	\$28	\$35
Yoga – All Levels	Sept 13 – Oct 25	Tues	9 am	7	\$28	\$35
Yoga – All Levels	Sept 13 – Oct 25	Tues	10 am	7	\$28	\$35
Yoga – All Levels – Evening	Sept 8 – Oct 27	Thurs	6 pm	8	\$32	\$40
Zumba Gold – Chairs	Sept 14 – Oct 26	Wed	11:30 am	7	\$21	\$28
Zumba Gold <i>No class Oct 10</i>	Sept 12 – Oct 31	Mon	6:15 pm	7	\$28	\$35
Zumba Gold – Wed Morning	Sept 14 – Oct 26	Wed	10:30 am	7	\$28	\$35
Zumba Gold – Wed Evening	Sept 14 – Oct 26	Wed	6:15 pm	7	\$28	\$35
Zumba Gold <i>No class Sept 30</i>	Sept 9 – Oct 28	Fri	11:45 am	7	\$28	\$35
Zumba Toning <i>No class Oct 10</i>	Sept 12 – Oct 31	Mon	7:25 pm	7	\$21	\$28
Circle Choices & Total						